

13 to 24

ESSEX

LUNATIC ASYLUM.

REPORT OF

THE COMMITTEE OF VISITORS,

REPORT OF

THE MEDICAL SUPERINTENDENT,

AND OTHER PAPERS RELATING TO THE ASYLUM.

PRINTED BY ORDER OF THE COURT OF QUARTER
SESSION, JANUARY, 1854.

GIBSON, { CLERK OF THE
PEACE.

CHELMSFORD :

PRINTED BY MEGGY AND CHALK, HIGH-STREET.

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Committee of Visitors.

CHARLES GRAY ROUND, ESQUIRE, CHAIRMAN
AND TREASURER.

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JOHN DISNEY, ESQUIRE,

WILLIAM WRIGHT LUARD, ESQUIRE,

PHILIP ZACHARIAH COX, ESQUIRE,

JOHN GURDON REBOW, ESQUIRE,

THOMAS BURCH WESTERN, ESQUIRE,

THE REV. JOHN BRAMSTON, CLERK,

THE REV. JOHN HEATLEY LEWIS, CLERK,

SAMUEL JAMES SKINNER, ESQUIRE,

THE REV. HASTINGS ROBINSON, D.D.,

SIR EDWARD NORTH BUXTON, BART.,

JOHN GURNEY FRY, ESQUIRE,

JOHN DAVIS, ESQUIRE,

THE REV. JOHN PEARSON, CLERK,

} *For the County.*

HENRY WOLTON, ESQUIRE,

EDWARD WILLIAMS, ESQUIRE,

} *For the Borough of
Colchester.*

JOHN PAYNE, ESQUIRE,

} *For the Borough of
Maldon.*

THOMAS SMITH, ESQUIRE,

ROBERT DRIVER THURGOOD, ESQUIRE,

} *For the Borough of
Saffron Walden.*

JAMES PARKER, Clerk to the Visitors.

House Committee.

THE REV. JOHN HEATLEY LEWIS, CLERK,
CHAIRMAN.

THE REV. HASTINGS ROBINSON, D.D.

THE REV. JOHN PEARSON, CLERK,

THOMAS WILLIAM BRAMSTON, ESQUIRE, M.P.

THE REV. JOHN BRAMSTON, CLERK,

SIR EDWARD NORTH BUXTON, BART.,

PHILIP ZACHARIAH COX, ESQUIRE,

HENRY WOLTON, ESQUIRE,

EDWARD WILLIAMS, ESQUIRE,

*For the Months of
January, February,
July, August.*

THE REV. JOHN HEATLEY LEWIS, CLERK,

THE REV. HASTINGS ROBINSON, D.D.,

THE REV. JOHN PEARSON, CLERK,

JOHN DAVIS, ESQUIRE,

JOHN DISNEY, ESQUIRE,

JOHN GURNEY FRY, ESQUIRE,

WILLIAM WRIGHT LUARD, ESQUIRE,

THOMAS SMITH, ESQUIRE,

ROBERT DRIVER THURGOOD, ESQUIRE,

*For the Months of
March, April, Sep-
tember, October.*

THE REV. JOHN HEATLEY LEWIS, CLERK,

THE REV. HASTINGS ROBINSON, D.D.,

THE REV. JOHN PEARSON, CLERK,

CHARLES GRAY ROUND, ESQUIRE,

JOHN GURDON REBOW, ESQUIRE,

SAMUEL JAMES SKINNER, ESQUIRE,

THOMAS BURCH WESTERN, ESQUIRE,

JOHN PAYNE, ESQUIRE,

*For the Months of May,
June, November,
December.*

Officers.

D. C. CAMPBELL, ESQUIRE, M.D.

*Resident Medical
Superintendent.*

MR. WILLIAM NIVEN, M.R.C.S.

Medical Assistant.

THE REV. JOSEPH SOWTER

Chaplain.

MR. WILLIAM SHIPCOTT

*Resident Clerk and
Steward.*

MRS. CHARLOTTE TOWNSEND

Matron.

REPORT OF THE COMMITTEE OF VISITORS.

To Her Majesty's Justices of the Peace, in Quarter Session assembled, at Chelmsford, in and for the County of Essex, on Tuesday, the Third day of January, 1854.

The Justices elected at the General Quarter Session of the Peace, holden on the 4th day of January, 1853, as a Committee on behalf of the County of Essex, during the year then next ensuing, for the purposes of the Asylum, to be erected and provided for the Pauper Lunatics of the said County of Essex and the united Boroughs of Colchester and Maldon, pursuant to the Act of Parliament 8th and 9th Vict. c. 126, present this their Annual Report, conformably with the provisions of the Lunatic Asylums Act, 1853, which came into operation on the First day of November last.

As some years have elapsed since the Committee was first appointed, and as those portions of their proceedings, which they have from time to time reported to the Court, have probably escaped the recollection of many of the Justices, a general summary of their transactions will, perhaps, be expected.

At the beginning of the year 1846 this Court proceeded to execute the duty imposed upon it by the 8th and 9th Vict. c. 126; and at the Easter Session in that year elected fifteen Justices of the County, and appointed them a Committee, either to superintend the erecting or providing of an Asylum for the Pauper Lunatics of the County alone, or to treat and enter into an agreement with the Committee or Committees of Justices of any other County or Counties, Borough or Boroughs, or with the subscribers to any Lunatic Asylum theretofore established by voluntary subscription, for the erecting or providing of an Asylum for the Pauper Lunatics of the County, under and pursuant to the Act 8th and 9th Vict. c. 126.

Being led to believe that it would occasion great inconvenience to the parishes comprised within the Boroughs of Colchester and Maldon, if they were excluded from an interest in any Lunatic Asylum established under the powers of the Act within the limits of the County—the Committee, at a meeting held on the 8th February, 1847, resolved to invite these Boroughs to unite with the County in erecting and providing such an Asylum, the rate of contribution towards the expenses to be determined by the comparative population of the County and those Boroughs; the offer of the Committee was accepted, but the statutory provisions applicable to the subject presented so many difficulties, that the terms of the agreement were not finally adjusted for some months; and it was not until December, 1847, that the proper instrument constituting the union was executed between the necessary parties; and the Commissioners in Lunacy having made their report upon it to Sir George Grey, it received his approval.

A copy of this agreement is appended to this report.

The position of the Borough of Saffron Walden is peculiar. Not having six Justices, besides a Recorder, that Borough, under the provisions of the fourth section of the 8th and 9th Vic. c. 126, became annexed to and part of the County, the Recorder being empowered to nominate two of the Justices of the Borough to be members of the Committee. The contribution of Saffron Walden towards the expenses of the Asylum having been fixed by the Committee, conformably with the provisions of the same section of the Act of Parliament, according to the comparative population of Saffron Walden, and the County, was found to be three-pence and four-eighths of a penny for every pound of the expenses.

Wherefore it will be seen that the Committee of Visitors is formed as follows:—From the County, fifteen members; from the Borough of Colchester, two; from the Borough of Maldon, one; and from the Borough of Saffron Walden, two; and that the contribution towards every pound of the expenses is as follows:—

	£.	s.	d.
The County	0	18	5 $\frac{3}{8}$
The Borough of Colchester	0	1	0 $\frac{3}{8}$
„ Maldon	0	0	2 $\frac{6}{8}$
„ Saffron Walden.....	0	0	3 $\frac{4}{8}$
	<hr/>		
	£1	0	0
	<hr/>		

At a meeting held on the 30th of August, 1847, the Committee directed their Clerk to advertise for a site for the Asylum, according to the rules of the Commissioners in Lunacy; and, from amongst twelve that were offered to them, the Committee, after many enquiries, and after having ascertained that the springs upon the property furnished an ample supply of good water, finally selected the ground on which the Asylum has since been erected—86 acres of the Brentwood Hall Estate.

A contract for the purchase of the same, for the sum of £8,000, was drawn up on the 28th day of June, 1848, subject to the approbation of this Court, of the Commissioners in Lunacy, and of the Secretary of State. At the July Quarter Session in that year this Court withheld its approval of the contract, and adjourned the question until the following session. The enquiries of the Commissioners in Lunacy relating to the quantity of land proposed to be purchased, having been answered to their entire satisfaction, the contract was returned by them on the 26th of July, with the approval of Sir George Grey, and at the October Session it received the confirmation of this Court. On the 21st of February, 1849, the purchase was completed; the Committee having, at a meeting held on the 15th of January preceding, directed that the land should be conveyed to Thomas William Bramston, Esq., Charles Gray Round, Esq., and their then Chairman, Charles Du Cane, Esq., in trust for the purposes of the Act of Parliament.

Having obtained the sanction of this Court to the purchase of the site, the Committee immediately proceeded to take further steps in the execution of their commission.

At a meeting held on the 25th October, 1848, they resolved to select a certain number of Architects, not exceeding ten, who, together with the County Surveyor, should be invited to send in plans for the Asylum, and that the sum of £100 should be awarded to the second best plan, and £50 to the third best. In their report, made to this Court at the January Session, 1849, they informed the Court that they had selected certain Architects to furnish plans for the building, which they had directed to be substantial without unnecessary ornament, to be capable of accommodating four hundred patients (viz., two hundred males and two hundred females), and to be so constructed as to be easily capable of extension. The County Surveyor, for reasons that were creditable to his delicacy and sense of honor, declined to send in plans. In their report, made to this Court at the July Session, 1849, the Committee informed the Court that,

having taken the opinion of a medical gentleman of eminence in the superintendence of Lunatic Asylums on the comparative merits of the respective plans, and availed themselves of the advice and assistance of the County Surveyor, they had, at their meeting on the 23rd June preceding, resolved on accepting the plan of Mr. H. E. Kendall, junior, 33, Brunswick Square, London, as the best offered to them, subject to certain alterations required by them; and that they had awarded the premium of £100, offered for the second best plan, to Mr. F. G. Francis, 2, Cork-Street, Burlington Gardens; and the premium of £50 for the third best plan to Messrs. Hill and Dawkes, North and East Ridings' Asylum, Clifton, York. The Commissioners in Lunacy, upon Mr. Kendall's plans being submitted to them, having offered various suggestions and made various requirements, the discussion of which occupied considerable time, it was not until the end of the year 1849 that the plans were altered and amended to the satisfaction of the Commissioners. In their report to the Court at the January Session, 1850, the Committee submitted the plans for the approbation of the Court, and stated that the Commissioners were prepared to recommend them as proper to be sanctioned by the Secretary of State.

The Court approved the plans, and on the 8th day of the same month of January they received the certificate of approval of Sir George Grey.

On the 4th of February following, the Committee inspected the site of the building as staked out upon the ground by Mr. Kendall, and adopted it, subject to the approval of the Commissioners in Lunacy; some slight alteration in the position of the building having afterwards been considered necessary, the Commissioners, on the 11th February, signified that the explanation furnished as to the proposed change was entirely satisfactory to them. The Committee having received from Mr. Kendall the drawings and specifications on the 29th of July, 1850, directed their Clerk to advertise for tenders for the erection of the Asylum, to be sent to him by the 2nd of September following. When the Committee, on the 16th of September, proceeded to examine the twelve tenders that had been sent in conformably with the advertisement, they found that, with the exception of one tender (which was shortly afterwards withdrawn), the two lowest of the remaining tenders amounted to the sum of £58,000, all the others being much higher. This sum was so much above the estimate delivered in with Mr. Kendall's plan in May 1849, that the Committee were greatly surprised and disappointed, and Mr. Kendall was immediately called

upon for an explanation. He stated that he had found it necessary to add certain extra works which he had included in the Contractors estimates, and that his amended estimate of the total cost of the Asylum amounted to £56,844. A very considerable proportion of the increased amount was accounted for by the inequalities of the ground selected for the building site, the variations being great every way : in order to maintain the general level required, a large quantity of earth had to be removed, and a very large quantity of brickwork was involved. The Committee consulted the County Surveyor upon the plans and specifications, and the additional works ; and it was not until the 20th January, 1851, that, having maturely deliberated upon the whole matter, they reluctantly came to the resolution that Mr. Kendall's plans should be continued, subject to such omissions as might be directed to be made by them in the course of the works ; and on the same day (having adjourned the consideration of the tenders to that time) they selected that of Mr. George Myers, of Ordnance Wharf, Lambeth ; subject to his entering into a contract, to be approved by the Committee, and subject, also, to the approval of the Court and the Commissioners in Lunacy.

At the April Session, 1851, the Committee reported to the Court that they had, at their meeting on the 20th January, accepted the tender of Mr. Myers, offering to erect the Asylum for £57,920, which sum had since been reduced to £55,666, and with their report they submitted the contract for building the Asylum at such reduced amount for the approbation of the Court ; they also reported that it appeared that the sum of £63,466 would be required for paying and defraying the expenses to be incurred and paid by the County and Boroughs—that is to say :—

For the cost of building the Asylum pursuant to contract...	£55,666
For engineering works not included in contract, estimated at	5,000
Architect, estimated at.....	2,400
Clerk of the works, estimated at	400
	<hr/>
	£63,466

to be raised by the County and Boroughs in the following proportions :—

	£	s.	d.
The County	58,540	15	5 $\frac{3}{4}$
The Borough of Colchester	3,272	9	3 $\frac{3}{4}$
„ Maldon	727	4	3 $\frac{1}{2}$
„ Saffron Walden	925	10	11
	<hr/>	<hr/>	<hr/>
	£63,466	0	0

The Court was pleased to approve of the contract, and to order and direct that it should be carried into execution accordingly.

It was then submitted to the Commissioners in Lunacy, who called for various explanations, and recommended various alterations and omissions, and after much discussion and correspondence, the Commissioners, being satisfied with the explanations, and certain extras and omissions having been embodied in the contract, it was submitted by them to Sir George Grey, and was returned to the Committee, approved by him, on the 2nd of July. The Committee having received it so approved upon the 4th of July, 1851, signed it themselves, and gave possession of the ground to the contractor, Mr. Myers, and authorised him to commence the works. They preferred their unanimous invitation and request to the Lord-Lieutenant that he would be pleased to lay the first stone of the building; his Lordship courteously expressed his regret that it would not be in his power to attend upon that occasion, and that he was under the necessity of declining their proposal; whereupon the Chairman, in obedience to the request of the Committee, laid the first stone on the 2nd of October.

On the day that the contractor was authorised to commence the works, a sub-committee was appointed to watch and superintend their progress, one or more of whom constantly visited the ground. The works proceeded with uniform regularity and dispatch; they advanced towards completion, and that in a highly satisfactory manner, and without the appearance of any settlement or fracture throughout the whole extent of the building: and, at the Sessions in October last, the Committee reported to the Court that the Asylum, Buildings, Works, and Premises had been, in every respect, completed pursuant to the contract.

At a Meeting, on the 8th of November, 1852, the Committee, believing that it was of great importance to them to avail themselves of the advice of an experienced person in fitting and furnishing, arranging and preparing the asylum, resolved to advertize for a resident Medical Superintendent, a Graduate in Medicine at some one of the Universities of the United Kingdom, or a Member of the Royal College of Surgeons, London. In reply to the advertisement the Committee received applications from eighty-four gentlemen. On the 20th of December a sub-committee was appointed to examine their testimonials and to form the best opinion they could of their several qualifications, taking what steps they might think best, by personal communication or otherwise, for arriving at the most satisfactory decision on their respective merits; and the sub-com-

mittee were directed to select not less than eight or more than twelve of the candidates for the ultimate approval of the Committee. The sub-committee met on the 29th of December and carefully considered the testimonials of all the candidates, and after comparing them and conferring together thereon, they selected eight who appeared to them most eligible. With seven of these gentlemen (the eighth being prevented from attending by a special engagement) they had an interview on the 13th of January, 1853; and after the interview, and upon mature consideration of their respective merits, they unanimously recommended Dr. Campbell as the fittest person to receive the appointment of Medical Superintendent.

At a meeting on the 24th January, the Committee adopted the recommendation, and unanimously appointed Dr. Campbell resident Medical Superintendent of the Asylum.

Dr. Campbell met the Committee at the Asylum on the 7th of February, gave his advice and his suggestions as to the fittings, preparations, and arrangements of the building, and, with the concurrence of the Committee, came to reside on the 30th of March.

The Committee are satisfied that in the selection of Dr. Campbell for the appointment of Medical Superintendent they did well, and they believe that their selection has met with very general approbation.

The Committee stated in their report to the October Sessions that the Asylum, having been arranged and prepared under the superintendence of Dr. Campbell for the reception of patients, and having been opened on the 23rd of September, there had been admitted 81 male, and 101 female, patients. On the 24th of December, 1853, the number of patients was 113 males and 161 females, total 274.

The Committee believe that the Asylum is well adapted to the purposes for which it was erected; and they have reason to be satisfied with the skill of the architect. It was originally proposed to construct a building for the reception of three hundred patients, but, after corresponding with the Commissioners in Lunacy, and upon adverting to the fact that in the Counties of Middlesex and Surrey the number of pauper lunatics for which it was thought necessary to provide had been calculated too low, and that enlarged accommodation was subsequently required, the committee unanimously determined to make provision for the reception of four hundred patients, and for an equal number of each sex.

As the works proceeded, it was observed that additional accommo-

dation could be easily obtained for fifty more, and it was thought advisable to secure it, as the expense was comparatively small.

The great majority of the patients who have been received into the Asylum have been removed into it from registered hospitals, or houses licensed for the reception of Lunatics, under orders issued by two of the Committee, under the power given by sec. 54 of the 8th and 9th Vic., c. 126, or from some other Asylum under orders issued by two of the Committee, under sec. 77 of the Lunatic Asylums Act, 1853; the remainder have been received under orders issued under the provisions of the last-mentioned Act. When all the pauper lunatics in hospitals, or licensed houses, or other asylums, shall have been received, it will be for the Committee, under the advice of the superintendent, to examine the remaining particulars of the lists laid before them by the clerks to the Boards of Guardians, and which contain about 230 names. After this has been done, it may become the duty of the Committee to consider whether there is such a sufficiency of accommodation in the Asylum as may justify them in turning their attention to the questions which the 43rd sec. of the Lunatic Asylums Act, 1853, permits them to entertain. The power to permit the admission (if the Committee think fit) of lunatics, not paupers, but who, in the opinion of the Committee may be proper objects to be admitted into the Asylum, as stated upon the face of the 43rd sec. of that Act, is new. The proper exercise of this power is a subject of great importance, and it evidently deserves the most careful consideration.

In their report to the October Quarter Sessions, the Committee stated that the weekly charge for patients had been fixed for the present at 11s., a sum which, under the present circumstances of the establishment, the Committee, according to their experience, believe to be correct.

On the 8th of December the Asylum was visited by two of the Commissioners in Lunacy, who, towards the close of a detailed minute which they entered in the visiting book, made the following observation:—"Considering the short time during which this Asylum has been opened for the reception of patients, we think that its condition is very creditable to those under whose superintendence it is placed."

In the autumn of the year 1850, the Committee had the misfortune to be deprived of their Chairman, the late Charles Du Cane, Esq.; at their first meeting after his decease they had the melancholy satis-

faction of bearing their testimony to his merits in the following resolution, which received their unanimous concurrence :—

“ That this Committee desire to express, in the strongest terms,
 “ their sense of the loss which they have experienced in the decease
 “ of their late Chairman, Captain Du Cane, whose high probity,
 “ urbanity of deportment, and practical good sense, peculiarly fitted
 “ him for the post which he was called upon to occupy, and enabled
 “ him to be of essential public service in conducting the proceedings
 “ of the Committee.”

A copy of this resolution was transmitted to his eldest son, the present Charles Du Cane, Esq., and was acknowledged by him in terms highly gratifying to the feelings of the Committee.

CHARLES G. ROUND, CHAIRMAN.

J. H. LEWIS.

T. W. BRAMSTON.

JOHN DISNEY.

SAM. J. SKINNER.

JOHN DAVIS.

JOHN PEARSON.

THE AGREEMENT ABOVE REFERRED TO.

It is agreed, this 20th day of December, 1847, by and between the Committees of Justices of the Peace for the County of Essex, and Boroughs of Colchester and Maldon, severally appointed to treat for the uniting of the said County and Boroughs, for the purposes of an Act passed in the 8th and 9th years of Her Majesty Queen Victoria, intituled “ An Act to amend the laws for the provision and regulation
 “ of Lunatic Asylums for Counties and Boroughs, and for the
 “ maintenance and care of Pauper Lunatics in England ;” and of another Act passed in the 9th and 10th years of Her said Majesty, intituled “ An Act to amend the law concerning Lunatic Asylums,
 “ and the care of Pauper Lunatics in England ;” and also of another Act passed in the 10th and 11th years of Her said Majesty, intituled “ An Act for the amendment of the laws relating to the provision
 “ and regulation of Lunatic Asylums for Counties and Boroughs in
 “ England ;” that the said County and Boroughs shall henceforth be

united for the purposes of the said Acts, and adopt in all respects the provisions, rules, orders, and regulations, and comply with all the requisitions prescribed by the said Act for Counties or Boroughs uniting for those purposes ; and that an Asylum for the reception of Lunatics, with all necessary buildings, courts, yards, and outlets, shall be immediately provided and properly fitted up and accommodated for the purposes mentioned in the said Acts ; and that the necessary expenses attending upon the providing, building, fitting up, repairs, and maintenance of the said Asylum, shall be defrayed by the said County and Boroughs so united in the following proportions—that is to say :—

The County of Essex, eighteen shillings and eight-pence, and seven-eighths of a penny, for every pound of the said expenses.

The Borough of Colchester, one shilling and three-eighths of a penny, for every pound of the said expenses.

The Borough of Maldon two-pence and six-eighths of a penny for every pound of the said expenses.

And it is further agreed that the Committee of Visitors to superintend the building, erection, and management of the said County Lunatic Asylum shall be formed in the following proportion :—

The Justices of the Peace for the said County of Essex shall appoint fifteen ; the Justices of the Peace for the Borough of Colchester shall appoint two ; and the Justices of the Peace for the Borough of Maldon shall appoint one.

And hereunto we, the undersigned, being the major part of each of the Committees of Justices of the Peace for the said County and several Boroughs, do, on the part and behalf of the said County and several Boroughs, set our hands and seals the twentieth day of December, in the year one thousand eight hundred and forty-seven.

Hands and Seals of the Committee of Justices of the Peace for the County of Essex :—

C. DU CANE,	(L.S.)
JOHN DISNEY,	(L.S.)
JOHN FRANCIS WRIGHT,	(L.S.)
CHARLES G. ROUND,	(L.S.)
JOHN BRAMSTON,	(L.S.)
J. H. LEWIS,	(L.S.)
JOHN COX,	(L.S.)
C. T. TOWER,	(L.S.)
T. B. WESTERN.	(L.S.)

Hands and Seals of the Committee of Justices of the Peace for the
Borough of Maldon :—

JOHN PAYNE, (L.S.)

EDWD. BRIGHT, (L.S.)

GEORGE MAY. (L.S.)

Hands and Seals of the Committee of Justices of the Peace for the
Borough of Colchester :—

HENRY WOLTON, (L.S.)

W. B. SMITH, (L.S.)

HENRY VINT. (L.S.)

The Commissioners in Lunacy having reported to me in writing
upon this agreement, I hereby certify my approval thereof, under my
Hand and Seal :—

G. GREY. (L.S.)

REPORT OF THE MEDICAL SUPERINTENDENT.

During the progress of the three months which have come to a close since this Asylum was opened, there have been few occurrences out of the usual routine of such an Institution which call for remark ; while I have satisfaction in looking back on the harmonious, and, I trust, successful working of the establishment during that period, it would be premature for me so soon to exhibit the statistical tables and statement of financial accounts, which will in future be given in the annual reports.

There have been admitted since the 23rd day of September, 114 males and 162 females—total 276 ; the number of females, as usual, considerably exceeding that of the males. Of these, 240 cases were of old standing and of such a nature as almost to preclude the hope of improvement.

The tables appended will show the previous duration of the disease, the ages of the individuals, and the prospect of their recovery.

The experience derived from every Asylum for the recovery of insane persons proves that recent cases are more susceptible of cure than those of long standing ; and that delay not only diminishes the curability, but prolongs the duration of the confinement, of those who may be ultimately cured. I already, nevertheless, find that guardians of unions seem to be unacquainted with the fact, and place a patient in the Asylum only when he becomes unbearable, and when much valuable time has been lost. Thus the unhappy state of the sufferer is prolonged, the chances of his cure diminished, the labour and anxiety of the medical attendants increased, the advantages of the Institution to the public curtailed, and the expense of his treatment and maintenance in many cases much augmented. In corroboration of these views, I beg to quote the following remarks from one of the leading medical journals, which I do the more willingly, because they are contained in an article not expressly devoted to the subject, and supposed to emanate from the pen of one whose authority stands high in questions of this nature :—

“There is no fact better ascertained in medicine than that the
“curability of insanity is in an inverse ratio to the duration of the

“disease. The proportion of cures has been variously stated, as must
 “be the case where circumstances vary so widely as they do in different
 “Asylums. Assume, however, that the cases are such as are usually
 “denominated curable, that is, not complicated with organic disease of
 “the brain, epilepsy, palsy, &c., the per centage of cures may be thus
 “stated in reference to the duration of the disease before treatment:—

Cases of 1 month's duration	83
above 1 month and under 3 months	78
„ 3 „ 6 „	59
„ 6 „ 12 „	35
„ 12 „ 18 „	18
„ 18 „ 24 „	10
„ 2 years	4

“But this is not all; not only is the chance of cure diminished by delay
 “in taking necessary means, but, even though the patient should be
 “cured, he is subjected to longer treatment, and consequently to longer
 “privation of free action. For instance, a case promptly attended to
 “within a month of its commencement may be cured within three
 “months; but if neglected, or, what amounts to the same thing, im-
 “perfectly treated for three months, will in all probability require
 “a year to conduct it to a favourable termination. It may not
 “be unnecessary to remark that there is scarcely a single case,
 “if indeed a single case can be found, which has been cured if left to run
 “its course either unchecked or partially checked by irregular
 “treatment.

“Why, then, is so much valuable time lost? Why is the recovery
 “of the patient perilled by delay, and himself subjected in the most
 “favorable circumstances to longer seclusion than, if he had been pro-
 “perly treated, would have been necessary? Simply because the
 “patient, though acknowledged to be queer, a little touched, wrong in
 “the head, peculiar or perhaps insane, is supposed not to be bad enough
 “to require seclusion, the parties put off from day to day the taking of
 “proper measures for the treatment of the case, in the hope that he will
 “get better. The hope is vain—the case becomes worse—and when at
 “last the proper course is resolved on and adopted, it is not un-
 “frequently too late.”

I agree in all stated in the extract given above, and trust that it
 may receive from those who read this report the attention which it
 deserves; more particularly would I impress the views which it
 contains on the guardians of unions. By not securing for a pauper,
 or what is equally important, by not securing for one likely to become

a pauper, early and proper treatment, when afflicted with any form of mental aberration, the rates are increased, and the rate-payers are affected ; because not only is the treatment of the patient prolonged, and the expense consequently augmented, even in the most favourable event, but there is a great risk that one, who might have been only a casual recipient of parish relief, may become a burden on the parish for the term of his life. I have been the more urgent on this topic because all parties are interested in the subject. To the county it is important in a pecuniary point of view. To the committee of visitors of an asylum it is scarcely less important, as it enables them to diffuse the benefits of the institution over a greater number, and in a more satisfactory manner, than they possibly could if the wards were filled with incurable patients. From the minds of medical officers it would remove a great source of regret, finding, as they often do, that their efforts are in many cases useless, and their exertions rendered more anxious and prolonged than they would have been, had they been called into requisition at an earlier period. Nor must the condition of the unfortunate patient be forgotten. At the best he is subjected to a longer continuance of his malady, while he runs the risk of falling into a condition of mind and body to which death would be preferable.

In addition to the evils of delayed or imperfect treatment, I venture to make a few remarks against the too frequent habit of bloodletting in the treatment of patients before they are sent to an Asylum. Throughout all ranks of society an opinion is pretty generally diffused, that insanity is a disease of an inflammatory nature, and that strong antiphlogistic means must be used to allay the excitement. Accordingly, low diet, powerful purgatives, and bloodletting are had recourse to, and it frequently happens in those cases in which they are most detrimental. That low diet in certain cases may be beneficial is not to be denied ; great discretion, however, even in this is required, for a furious state of excitement may coincide with real debility, and may be best subdued by generous diet, nay, even in some cases stimulants may be required to secure repose. Of all misapplied remedies, however, the worst is *bloodletting*, and yet in rural districts it is the most frequently resorted to. So strong is the impression that insanity is of an inflammatory nature, that it often requires the authority of an experienced practitioner to persuade the nearest relatives that bleeding is unnecessary, if he cannot convince them that it is absolutely prejudicial. It is not, therefore, to be wondered at that country surgeons, who are not likely to see many

cases of the disease, should fall into the same error, and by doing what they consider to be useful, or at all events innocuous, gratify those around them. Surrounded with difficulties, struggling with the patient, destitute of all means of control, worried by the friends, and overwhelmed with suggestions, they perform what they deem a very simple operation. Blood is extracted, the patient for the time becomes quiet and exhausted, and the surgeon congratulates himself, and is applauded by the bystanders. But in a very short period the scene is changed, the patient becomes as furious or as incoherent as ever, and, if the plan be persevered in, soon sinks. Should, however, the want of success prove the inutility of depletion, the unfortunate patient is sent to an Asylum, and the medical officers have to contend not only with the original malady, but with an aggravation of it, so well known in lunatic hospitals, that such cases are looked upon as very doubtful ; and in six cases out of ten, if the patient survives, he sinks into a state of incurable *dementia*, after having been a very great expense to the institution. To those engaged in large practice, the caution now to be given is unnecessary, but I may be permitted, in a report of this kind, to advise those not familiar with insanity to avoid *general bloodletting* in such cases as may come under their care; satisfied from painful experience as I am, that more damage has occurred from the injudicious employment of it than from that of any other therapeutic means, or all other abuses of them put together.

In comparing the return made of the number of insane patients chargeable to the different unions and parishes on the 1st day of January, 1853, with the number which have been sent to the Asylum, I regret to find that so many are still at large acknowledged to be insane, but considered harmless. Many patients are permitted to go at large in consequence of such a supposition ; harmless they may have been, and harmless they might remain under proper management ; but when left to their own guidance, and the excitement of the world, no one can tell how soon their insanity may compel them to an act of violence. It is generally imagined by those not conversant with lunacy, that so long as an insane individual is quiet in his demeanour and does not threaten mischief he cannot be dangerous ; this may be true occasionally, though in most cases it is not so. When an individual imagines himself a supernatural being, to be commissioned to redress grievances, to have suffered or to be threatened with injury, to be conspired against or to be poisoned, he is dangerous ; and, however calm he may seem, however sane he may appear to be on other subjects, however acute he may be on business, he ought not to be

suffered to remain at large, but ought to be placed in an asylum. I need not advert to events which have occurred during the last few months to prove the force of my observations. Parties will not bestir themselves to protect the insane because of a system of mistaken economy, which is only adding fresh burdens to the poor-rates, till some deed is perpetrated by one known to be of unsound mind, but deemed to be harmless. These remarks may be considered, by some, to be out of place in a report of this kind ; but I cannot help entering a protest against so absurd a system, for which only ignorance of the mental condition of the insane can account.

EMPLOYMENT.—In a county like Essex it is natural to suppose that the great majority of our male patients have been habituated to agricultural and other out-door occupations ; and I am happy to say that I experience no difficulty in engaging many of them in some occupation of this nature. They have already effected various improvements in the airing courts, grounds, roads, &c., thereby considerably reducing the expense which would otherwise have attended such operations. Of all modes of employing patients bodily labour in the open air is undoubtedly the best ; because it not only occupies the mind without straining it, but produces a beneficial effect on the health, without which it is in vain to look for mental improvement. One patient is also employed as a tailor, three or four as shoemakers, two as carpenters, and two as stokers—the only tradesmen who have been admitted ; many of the female patients are occupied in washing and dressing, only three laundry maids having been engaged as servants for the establishment ; others are employed sewing and knitting, and under the active superintendence of the matron a considerable quantity of profitable work has been already done for the establishment. A considerable number also, male and female, give their services in the work of the galleries, kitchen, &c. Thus almost all our occupations are of a useful nature, and calculated to induce habits of regularity and perseverance.

A large number of patients assemble twice a day regularly on Sunday for *divine worship*, and prayers are read by the chaplain every morning during the week. Those who are accustomed to consider religion as a frequent cause of insanity might be apprehensive of injurious effects from the preaching of a sermon to the patients ; and there are some insane persons whose minds might be too powerfully agitated if they were permitted to attend public worship. In truth, however, religious melancholy is oftener the consequence than the cause of insanity.

The mind weakened by its malady becomes morbidly affected by every impression, and it is not surprising that religious impressions should sometimes be found among those which operate too strongly for the bewildered faculties. But whatever opinion may be entertained of the probable effect of well-selected sermons, there can be no doubt that merely to arrest the attention of the insane has often no small influence in restoring reason. In a person at large, and receiving highly varied and strong impressions almost every moment of his waking hours, the service of the Sunday may not excite very strong interest when compared with many of the daily occurrences; but to one who is shut up from the world, the breaking in upon the ordinary routine, by a set of observances at once singular and solemn, cannot fail to make a deep impression, and to fix attention in a high degree.

Accordingly the fact is, that during all the sermons that have hitherto been preached, the most loquacious have remained silent, the restless have become composed, and all have kept their eyes steadily fixed upon the chaplain, as if anxious to hear and appreciate his discourse; besides, on that day, when a patient is debarred from his usual employments or amusements, with no resource, he is apt to lounge away the hours in listless apathy, brooding over his own vain imaginations, or, perhaps, to give a loose to the mischievous propensities engendered by his distorted conceptions. Any employment tending thus to break in upon uniformity, and innocently to occupy idle time would be useful. But how much more benefit may we not expect to accrue from an employment which is naturally soothing and consolatory. Independently of the sermon itself, and it is always most judiciously suited to the occasion, the assembling together for one purpose, and that purpose of the most solemn kind, the tendency which worship has to carry the mind back to earlier and more happy times, the uniting of voices in sacred melody rendered interesting by various associations, are all calculated to throw a gleam of peace over the most perturbed spirits. And who can say, that by striking on those chords of feeling which vibrated often in former days, some long-lost train may not rush over the mind, sweeping away those phantoms of lunacy which often veil the past from the present man, and blend with every ray of hope the gloom of despondency.

AMUSEMENTS.—Our amusements consist of bagatelle, draughts, dominoes, and other games, which relieve the tedium of a protracted evening. A considerable number of books have also been provided, so that the means are supplied for such recreation. Reading has a marked effect in many cases by calling forth and exercising the mind

and intellectual powers, and prevents the patient from brooding over his own morbid thoughts ; much valuable information and appropriate counsel may be insinuated into his mind through the channel of a book recommended to him and placed in his way, when the same counsel might be rejected as an insult, or viewed with distrust, if communicated by those under whose care he is placed.

The general health of the patients has been good. Two, however, have died, one male and one female. Both were far advanced in years, and at the time of admission were completely helpless. One expired without obvious symptoms pointing to disease in any particular organ. The other from a slight attack of diarrhœa, she having been previously confined to bed for many years, and so weak from gradual decay of vital energy as to preclude from the first any hope of recovery.

In consequence of the chronic and unfavourable nature of the malady in so large a number of the cases admitted, no discharges have as yet taken place ; but several patients are so far restored to the exercise of reason, as will enable them in a very short time to leave the institution.

The whole number of patients now in the asylum may be classified as follows, with tolerable correctness, viz.—

Curable	21
Doubtful.....	13
Nearly, or quite hopeless	240
	—
Total	274
	—

There have been several attempts at escape made in different ways ; just one of these has been successful, and the individual was recovered after the lapse of two days.

In an Asylum where so much freedom is allowed to the patients—where so many are daily employed in the grounds, without any enclosures, and where no restraint is practised, it is only the constant vigilance of the attendants that renders an escape a thing of such rare occurrence.

Several patients were admitted, in whom a suicidal propensity formed a feature of derangement ; and many of them, after admission, manifested the intention of injuring themselves, but no accident or catastrophe has taken place.

In congratulating the County on now possessing, within its bounds, an Institution which has been so much wanted, and which appears to me from its arrangements to embrace almost every improvement which experience has suggested for the comfort and successful treatment of the insane, I beg to state that in the treatment of the patients no mechanical restraint is adopted; that all harsh measures of every description are not only found to be unnecessary, but are strictly prohibited among the attendants, and made the occasion of dismissal if discovered; and while it is most satisfactory and useful that the treatment of the patients and the economy of the Institution should be submitted to the closest inspection of the visitors, I consider it my duty, both towards the inmates themselves and towards their friends, to discourage, as much as possible, all idle visiting; and not to exhibit an *hospital* intended for the cure or care of the afflicted, as one would exhibit something contrived for the astonishment and amusement of the curious.

In conclusion, I beg to express my approbation of the manner in which my assistant, Mr. Niven, and the other officers of the establishment, have conducted everything under their charge; and to thank the Committee of Visitors for the courtesy which has characterised their direction, and for their uniform support, which in a great measure encourages my efforts to carry their designs into effect in an Institution dedicated to the alleviation and, under God's blessing, the cure of the most painful of all the calamities to which human nature is subject.

D. C. CAMPBELL, M.D.

Essex Lunatic Asylum, 24th Dec., 1853.

TABLE, No. 1.

Showing the NUMBER of INSANE PERSONS, LUNATICS and IDIOTS, in the COUNTY of ESSEX, returned as chargeable to the several Unions, on the 1st day of January, 1853.

UNIONS.	Sex.		No. of Lunatics or Idiots.	Where maintained.		
	Males.	Females.		In Asylum or Licensed House.	In Union House.	In Lodgings or with Friends.
Braintree	11	8	19	11	8	—
Bishops Stortford...	4	10	14	5	2	7
Billericay	7	12	19	7	5	7
Chelmsford	31	29	60	24	13	23
Colchester	10	11	21	14	2	5
Dunmow	9	23	32	14	1	17
Edmonton	3	9	12	6	—	6
Epping	5	7	12	10	2	—
Halsted	7	7	14	6	2	6
Linton	5	9	14	10	—	4
Lexden and Winstree ...	10	10	20	17	—	3
Maldon... ..	Not given	Not given	14	13	—	1
Ongar	9	9	18	4	4	7
Orsett	7	6	13	12	1	—
Risbridge... ..	4	—	4	—	—	4
Rochford	7	17	24	13	4	7
Romford	7	24	31	16	14	1
Royston	13	11	24	3	10	11
Sudbury	3	2	5	4	1	—
Saffron Walden	15	15	30	12	6	12
Tendring	16	29	45	18	11	16
West Ham	19	33	52	52	—	—
Witham	11	6	17	11	5	1
	213	287	514	285	91	138

TABLE, No. 2.

Showing the NUMBER of PATIENTS admitted into the LUNATIC ASYLUM, with the names of Unions to which they are chargeable.

UNIONS.	Males.	Females.	Total.
Braintree	5	2	7
Bishops Stortford	2	3	5
Billericay	4	6	10
Chelmsford	11	14	25
Colchester	9	9	18
County	2	1	3
Dunmow	4	16	20
Edmonton	—	5	5
Epping	7	5	12
Halsted	4	3	7
Linton	—	—	—
Lexden and Winstree	7	8	15
Maldon	5	10	15
Ongar	6	2	8
Orsett	6	6	12
Risbridge	—	1	1
Rochford	5	8	13
Romford... ..	4	15	19
Royston	—	2	2
Sudbury... ..	3	2	5
Saffron Walden... ..	7	6	13
Tendring	6	6	12
West Ham... ..	11	25	36
Witham... ..	6	7	13
	114	162	276

TABLE, No. 3.

Showing the AGES of the PATIENTS admitted.

	Males.	Females.	Total.
From 10 to 20 Years	5	2	7
20 to 30 „	16	24	40
30 to 40 „	24	36	60
40 to 50 „	34	41	75
50 to 60 „	16	38	54
60 to 70 „	16	18	34
70 to 80 „	2	0	2
Unknown	1	3	4
	114	162	276

TABLE, No. 4.

Showing the SOCIAL CONDITION of the PATIENTS admitted.

	Males.	Females.	Total.
Single... ..	69	87	156
Married	34	52	86
Widowed	2	15	17
Unknown	9	8	17
	114	162	276

TABLE, No. 5.

Showing the DURATION of PRESENT ATTACK in the cases admitted before they were brought to this Asylum.

	Males.	Females.	Total.
Not exceeding 1 Month	3	4	7
Between 1 and 2 Months	3	1	4
„ 2 and 3 Months... ..	2	4	6
„ 3 and 4 Months	4	4	8
„ 4 and 5 Months... ..	4	3	7
„ 5 and 6 Months	4	1	5
„ 6 Months and 1 Year	4	6	10
„ 1 Year and 2 Years	12	15	27
„ 2 Years and 3 Years	7	14	21
„ 3 Years and 4 Years	10	16	26
„ 4 Years and 5 Years	4	8	12
„ 5 Years and 10 Years	25	45	70
„ 10 Years and 20 Years	16	22	38
„ 20 Years and 30 Years	4	3	7
From Birth	5	9	14
Unknown	7	7	14
	114	162	276

TABLE, No. 6.

Showing the Amount of WORK done by FEMALE PATIENTS, since the OPENING of the ASYLUM.

Mattresses	120	Flannel Jackets... ..	83
Trimmed Bonnets	172	Handkerchiefs	200
Check Dusters	122	Pinafores	56
Men's Aprons... ..	56	Flannel Belts	2
Roller Towels	150	Brush and Comb Cases ...	14
Knife Cloths	100	Flannel Chemises	80
Table Cloths	20	Repaired Stockings	156 pairs.
Bound Small—Carpets ...	40	Repaired Shirts	87
Chair Cushions	35	Sheets... ..	192
Ticken—Shirts	5	Pillow Covers... ..	198
Flannel Petticoats	206	Repaired Gowns	14
Flannel Drawers	82		

REPORT OF THE CHAPLAIN.

GENTLEMEN,

Before I proceed to speak of the influence of the ministrations of religion upon the minds of the Insane, I beg to lay before you first, a Report as to the nature of the Chapel services.

In all respects, both in the Sunday and daily prayers, the order appointed by the Church is followed. The average attendance of patients at these services includes fully two-thirds of the Inmates of the Asylum; and though this proportion is so large, no congregation could be more orderly than this is. In all there is a becoming gravity—in many there is a simple and earnest devotion. In every part of the Service, in the prayers, the lessons, the psalms, the singing, and the sermon, there is the utmost attention. I think no one could witness this without coming to the conclusion, that there is something in the nature of these offices of religion peculiarly fitted to meet the needs of the Insane,—something which calms the agitation of their spirits, which takes hold of the little reason that yet remains in their minds, and answers to the yearnings of their burdened hearts.

Even if this decorum of theirs were a mere mechanical devotion, the mere result of a daily discipline, it would afford an interesting proof of the influence that may be gained without the use of forcible restraint. But it is more than this, their devotion is evidently real. I would offer to your notice one or two facts in proof of this :—There is one patient of whom I had often been led to observe, that, though unable to read, he entered into every part of the service as if he fully understood and felt its meaning; this led me to question him, and he told me of the pleasure it was to him to come to Church, adding how much happier he was now than he had formerly been. I asked why; and with tears in his eyes he spoke of past excesses and sins; but rejoiced that he could now “Look up to the Lord.”

The second case is that of an old man in No. 5. He is simple and childlike in all his actions, and therefore it is the less to be wondered at that he should prefer to me the singular request, on one occasion, to “hear him say his prayers;” this was no feigned piety, there was

nothing unreal about it, it was the act of a child, his prayer was that of a child also ; the burden of it was this :—That it would please God, for Christ's sake, to forgive him his sins, and make him a good man. I have had many conversations with this man, and have always found him the same, humble and pious—full of gratitude to those kind friends who take charge of him in this Institution, and to God for raising him up such friends.

I might adduce many more facts to the same effect, but these will suffice for my present purpose, which is, to give you evidence that the minds of the Insane are, in many cases, peculiarly susceptible to religious impressions ; that they do feel it to be a mitigation of the miseries of their condition, in that they are permitted to unite in the solemn worship of God. Shut out from all contact with the world, separated from their families and friends, they would feel all this wretchedness deepened, were it not that they have the ministrations of religion, bearing daily witness to their hearts that God has not forsaken them but watches over them to do them good.

I feel that I ought not to conclude this report without expression of thanks to Dr. Campbell, from whom I have received the kindest assistance and advice in the performance of my duties.

I have the honour to be,

Gentlemen,

Your obedient Servant,

JOS. SOWTER.

Warley, Dec. 26th, 1853.

To the Committee of Visiting Justices,
Essex County Asylum.

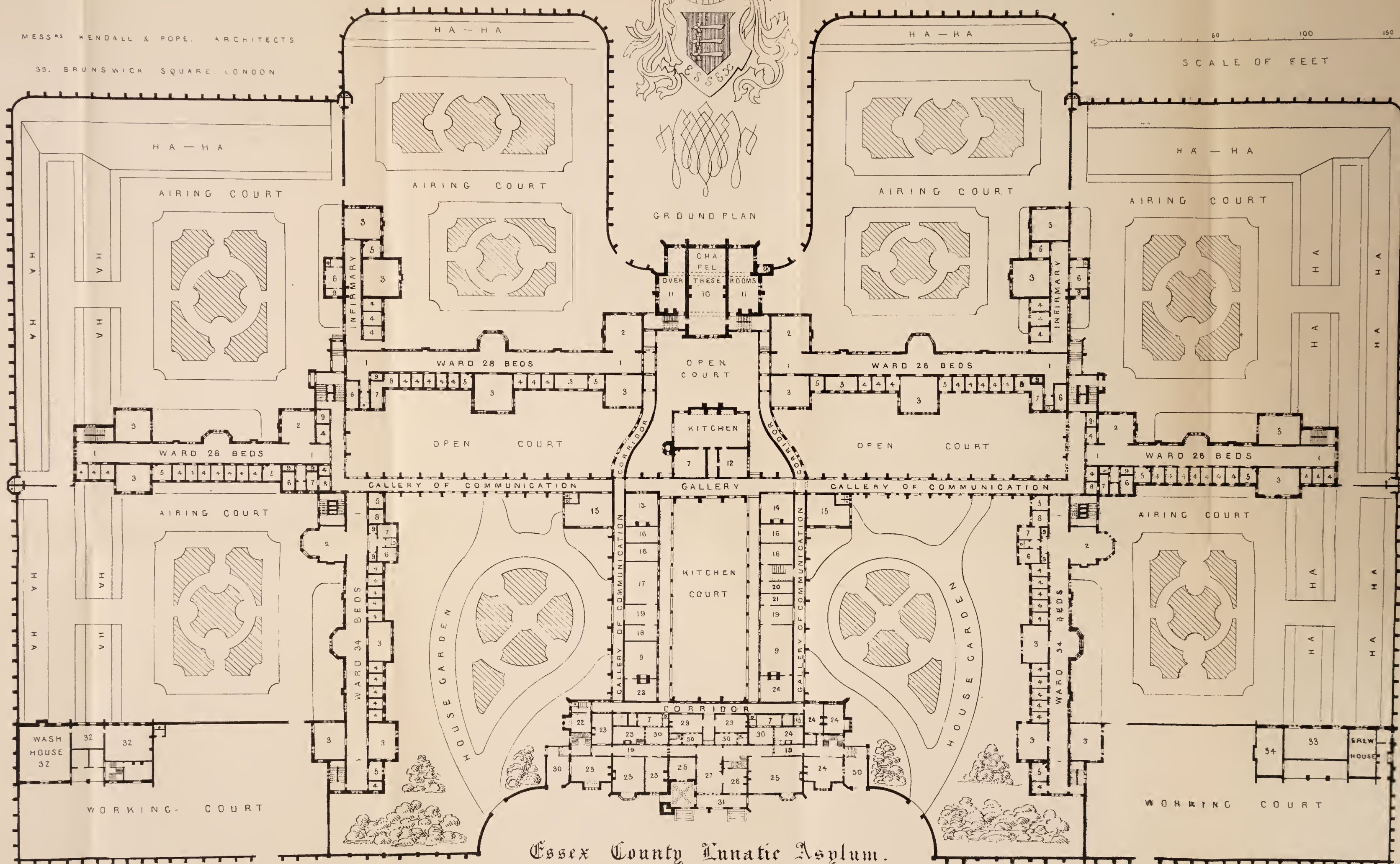
MESSRS KENDALL & POPE, ARCHITECTS
33, BRUNSWICK SQUARE, LONDON

SCALE OF FEET

GROUND PLAN

SOUTH
SIDE FEMALE PATIENTS

NORTH
SIDE MALE PATIENTS



Essex County Lunatic Asylum.

1. GALLERY 12 FEET WIDE. 2. DAY AND DINING ROOM. 3. DORMITORY. 4. SINGLE BED. 5. ATTENDANT. 6. BATH. 7. SCULLERY. 8. LAVATORY. 9. STORE. 10. ASSEMBLY ROOM. 11. SCHOOL ROOMS. MEM: THE CHAPEL IS OVER NOS 10 & 11. 12. DISTRIBUTION ROOM. 13. COOK'S ROOM. 14. SERVANTS HALL. 15. COALS. 16. KITCHEN OFFICES. 17. BAKE HOUSE. 18. FLOUR STORE. 19. PASSAGE WAYS. 20. LARDER. 21. WEIGHING ROOM. 22. MATRON'S ROOMS. 23. MEDICAL SUPERINTENDANT. 24. STEWARD. 25. COMMITTEE ROOM. 26. CLERK'S ROOM. 27. HALL. 28. PORTER. 29. RECEIVING ROOMS. 30. OPEN YARDS. 31. ARCADE. 32. WASH HOUSE AND LAUNDRY &c. 33. BREWHOUSE AND WORKSHOPS &c. 34. THE SMITHY.

REPORT OF THE ARCHITECT ON COMPLETION OF THE ASYLUM.

GENTLEMEN,

The whole of the works at this Asylum with which I have been connected as the architect and engineer being complete, I beg to render you an account of the same.

The building works comprise the Asylum, its offices, and out working offices, the chapel, and residents' house, &c., the whole occupying within the boundary walls, an area of eight acres of ground in extent; together with a large gate lodge, a bailiff's house and farm buildings, a large engine and boiler house, with extensive drainage for every building throughout.

The engineering works include the reservoir, steam engine and boilers, pump work, tanks, the hot and cold water service and supply, fire mains, the warming and ventilating throughout, gas fitting, steam cooking apparatus, besides the general fittings of stoves, baths, lavatories, water closets, bells, the drying closet, and fittings of brew-house, washhouse, &c.

I furnish herewith a ground plan of the Asylum, but perhaps it will be well to describe its general arrangement, construction, accommodation, &c., that a better opinion may be formed of its advantages. The Asylum stands due east and west; the latter aspect being more genial and quiet is given up to the patients' wards and airing courts; the residents' house looks east, and forms the entrance to the Asylum; removed from the public road about 300 yards, it includes the residence of the physician superintendent, the steward, matron and assistant surgeon, all being distinct, with separate staircases to each; it contains also accommodation for the house porter and domestic servants, a large committee room and clerks' room, visitors' room, a room for the chaplain, the patients' reception rooms, male and female, kitchen offices for the superintendent and steward, a large central entrance hall, and entrance arcade, &c.—from the house passing round the kitchen offices, and to the right and left, the patients' wards are approached by cloisters or galleries of communication, paved with Staffordshire tiles, blue and red, laid arris wise; the roofs are open-timbered

and stained; the door and window openings are of stone, some being filled in with quarried glazing, and some left open with ornamental iron work fixed therein; at the termination of these corridors, right and left, immediate access is obtained to all the wards and infirmaries of the main building devoted to the patients, the females occupying the wards or wing to the left, the males the wing to the right; there are seven wards and two infirmaries on one side, and six wards and one infirmary on the other side, together accommodating 450 patients, 150 in single, and 300 in associated, rooms; the whole of the west front is given up to the undisturbed use of the patients, having an uninterrupted view of the extensive and beautiful scenery around, with free access of air and sun, &c. The building extends in length from south to north, forward 800 feet, a longitudinal line; only broken just sufficient to allow of thorough light and ventilation at the ends of the galleries; the infirmaries advance in front on either side at the junction of the wards; and the convalescent wards recede or return from the front line on either side eastward, centralising the residents' house, kitchen, offices, and chapel. All the wards are spacious, very light, lofty, cheerful, and well warmed and ventilated; hot water is the medium for transmitting the heat to the fresh air, which is conveyed into the several rooms and galleries by horizontal flues under the floors and vertical flues in the walls; the foul air being drawn off also by means of flues in the walls, and thence conveyed by large horizontal flues in the roofs to the lofty ventilating shafts, where the furnace fires effectually draw it off; nothing can be better than the system here carried out, the working being very satisfactory; besides the warm air flues, open fire places are provided in all the galleries and larger rooms for the comfort of the patients; the ward galleries are 12 feet wide and 13 feet high; they all have large oriels and bays, the day rooms thrown open to them, and windows at each end, ensuring throughout cheerfulness and thorough light and ventilation; the ceilings are arched, and fire-proof, constructed with hollow hexagon shaped bricks, very novel and agreeable in effect; the floors are boarded throughout the wards and infirmaries, except in the case of two of them for the unclean patients, where they are paved with Staffordshire tiles, red and blue, ornamentally arranged. The windows are of cast-iron fancy patterns, the casements opening outwards above the transoms; but the frames being double, when open, one of them remains in position unglazed, so that ventilation to any extent is obtained, combined with perfect safety; this principle and the mode of opening is founded on a patent of the contractor, Mr. Myers.

The day rooms and associated dormitories are very roomy, containing 48 feet superficial, and about 576 cubical feet to each patient. The single sleeping rooms are nine feet long, six feet six inches wide, and thirteen feet high ; all the ceilings are arched in brickwork ; every ward contains two assistants' rooms, so arranged as to overlook the associated dormitories, besides the several accommodation of closets, lavatories, baths, stores, and sculleries, &c. all fitted up in a very superior manner, every recent improvement being adopted ; hot and cold water is laid on throughout, available at all times, night and day. Work rooms are provided on either side of the building for sempstresses, shoemakers, tailors, &c. Convenient to the wards and well situate, are school rooms for both male and female patients, also a large assembly room. The chapel occupies the centre of the west or principal front projecting forward, but attached to the wards ; it is so situate as to effect a permanent division or separation of the wards devoted to the patients, male and female, the access is easy from either side. All the stair cases are of stone, and constructed without winders. The chapel is built with Kentish rag stone to mark its character, it is very ecclesiastical in its effect, simple and appropriate ; the accommodation is for 300, all the sittings being on the floor ; it is warmed in the same manner as the wards, and well lighted with gas, &c., complete.

The kitchen, scullery, distribution room, and offices, are situate between the chapel and the residents' house ; they are surrounded by the Asylum wards, with which they communicate by means of the enclosed cloister corridors ; this central position and ready communication to and from all points is a great desideratum and advantage. The offices have covered ways around. The kitchen is large, well lighted and ventilated ; the roof is open-timbered with a lantern ventilator ; it is paved, as well as the offices generally, with Staffordshire tiles ; the steam cooking apparatus and the other fittings throughout, are of the best description ; the offices, stores, and cellarge are extensive, of the usual description and sufficiently large for the Asylum, even if doubled in its number of patients and extent.

The water tower is over the scullery ; a cast-iron cistern or tank holding 10,000 gallons is constructed therein, supported on arched groining ; from this tank the general distribution of water all over the Asylum is made ; 18,000 gallons per day being about the consumption, calculated at the rate of 40 gallons per day each patient ; this tank is supplied from a large enclosed reservoir constructed at the bottom

of the grounds holding 40,000 gallons ; the water from the springs on the ground running through it, always with a waste ; it is forced from this reservoir up to the tank by means of a powerful non-condensing steam engine, the height being about 150 feet, the distance 1,400 feet. In the courts of the Asylum, judiciously disposed, there are three fire mains, the water being always on, and a powerful fire engine for twenty men is provided for on the establishment, in case of accident. Hot water is laid on all over the Asylum from boiler rooms in the basement, the same mains warming the fresh air for the galleries, &c.

In a working court on the female side is a large detached building containing the washhouse, laundry, drying closet, boiler room, and receiving and sorting room, &c., all fitted up in a complete manner ; and on the male side, in a working court, there is also a corresponding large building, containing the workshops for carpenters, plumbers, smiths, &c., the brewhouse, dead house, and examination room, all properly fitted up.

The airing courts and gardens attached to the several wards are spacious, about three quarters of an acre of ground each in extent ; they are laid out with broad gravel walks, terraces, grass plots, and flower parterres, bounded by walls ten feet high ; but these walls are sunk in ha-has so that they are overlooked and the beautiful country seen ; there is no appearance of confinement, at the same time that the patients are safely retained ; there are gardens attached to the residents' house right and left, altogether distinct from the wards, having in front dwarf walls, with light antique iron railing let into the moulded stone copings ; and about the kitchen offices on all sides, are several large open courts, for various useful purposes.

The drainage appertaining to the Asylum is very extensive and complete, embracing cesspools, sewers, soil tanks, soil and foul water drains, rainwater tanks, drains, pipes, and underground tanks, wells, &c. The site is admirably adapted for perfect drainage, the falls being great every way.

For the purposes of an Asylum no site could possibly be better ; embracing a fine open country with cheerful and beautiful views, good falls for drainage, water of excellent quality and very abundant ; its contiguity to the town and railway is also very advantageous ; the estate on which the Asylum is built, Brentwood Hall Manor, is situate about ten minutes' walk from the railway station, on the Warley road.

Every part of the Asylum is efficiently lighted with gas supplied from the town gasometer.

The engineering works, as described at the commencement of this report, and the fittings throughout the Asylum generally, are of the best description and workmanship, and in their working are very satisfactory; they are executed by Mr. May for Mr. Myers the responsible contractor.

The style of architecture adopted throughout, externally and internally, is mediæval, of the Tudor period; certainly the best adapted for such a purpose, being substantial, cheerful, English in character, most suitable to our climate, and not expensive; this style gives the opportunity of breaking the building into masses and picturesque form, without adding to the expense, the bays, clock tower, water tower, gables, spire, ventilation, lofty towers, &c. being absolutely necessary; the stone dressings and red brick facings interlaced with black, form a pleasing contrast in colour; they not only make the building effective without cost, but give a cheerful look and variety; and there is an important advantage in this, medical men all agreeing that a cheerful looking, varied, and picturesque building, has a beneficial effect upon the patients in a curative point of view; and to every such charitable building something of comeliness should be assigned; under the direction of good taste; usefulness of purpose and beauty of design may always be made mutually subservient to each other; it is a common error to suppose that beauty of design must necessarily be more expensive than deformity or plainness, it is the quantity of materials used, and not the form of their application, judicious or otherwise, that induces expense; and handsome and complete as this Asylum is, the truth of the assertion is proved by the erection of it at a far less cost per head than most of the Asylums built throughout the country.

Having described the works in regard to the working, it may be sufficient to say that they have been carried out in their integrity almost without change, and with singular unanimity; no difference of opinion on the part of any concerned having occurred, from the turning of the first sod to the laying of the last brick, to mar the pleasure of the work. Every portion of it, building and engineering, is performed in the best possible manner, and much to my satisfaction; the whole working out well in almost every particular; from the first to the last not a single accident to speak of has occurred to the building, or to the men engaged upon it; and notwithstanding the quick sand on the site, not a crack, sinking, or settlement has appeared in any wall or portion of the building from

one end of it to the other; it is as perfect as any building can be, everything being substantial, sound and satisfactory; and extensive as the work is, it is completed, singularly free from extras; the solitary misfortune accruing to the work was the finding of a quicksand, occupying the site near the ground surface; but for this, not a single legitimate extra would have occurred, and all would have been done rather under the contract than over it; this quicksand involved much extra concrete and sheet piling for the foundations, the building of a large engine-house, a powerful steam-engine, large reservoir, a great extent of piping, drainage, &c. The difference of the levels of the site affording a good opportunity for enlarging the building, and accommodating a number more patients at a greatly reduced cost, advantage was taken of it for fifty more patients; this I consider an addition, not an extra; so also as to the fittings, tables, forms, fenders, and fire irons, &c., not included in the original contract, but entered on during the works, under my instructions.

This Asylum, equal, I hope, to any yet erected, is built under the average cost of Lunatic Asylums throughout the country; that the County may approve it, I hope, and that it may conduce to the well-doing of its poor inmates, I pray; and in conclusion I cannot but express myself grateful to the Committee for their good accord, advice, co-operation, and kindness, enabling me to carry out and complete this extensive work with so much punctuality and success; nor should I forget the contractor, who has acted throughout with great liberality, and laboured in every way for the benefit of the work; for myself, I have never performed a duty with more pleasure, and trusting to have given satisfaction to all, with thanks for self and partner,

I am,

Gentlemen,

Your obliged and very obedient Servant,

H. E. KENDALL, JUN.,

ARCHITECT.

33, *Brunswick Square*,

To the Committee of Visitors. Essex Lunatic Asylum.

ACCOUNTS OF THE TREASURER.

An ACCOUNT of all SUMS OF MONEY granted and raised, either by Rate assessed and taxed under 8th and 9th Vict., cap. 126, sec. 33; or by Mortgage under the Acts 8th and 9th Vict. c. 126, sec. 34, and 16 and 17th Vict., c. 97; by the County of Essex, and by the Boroughs of Colchester, Maldon, and Saffron Walden, or otherwise howsoever arising, for the purposes of erecting and providing an Asylum for the Pauper Lunatics of the said County and Boroughs, and for the purpose of defraying the charges thereof, and paid to the Treasurer of the said Asylum; and of the manner in which such monies have been applied and disposed of up to the date hereof.

RECEIPTS.

1849.	£.	s.	d.
Feb. 13th—Received of the Essex Provident Society, loan on mortgage of the rates, at $4\frac{1}{2}$ per cent. to be repaid by yearly instalments of 1-30th of the principal ...	8,500	0	0
Received of Mr. Chapman, for rent of land purchased for the Asylum, from 19th March, 1849, to 2nd October, 1849 ...	52	10	0
Allowed property-tax ...	1	10	7
	<hr/>		
	50	19	5
Received of Mr. Richard Woods, $\frac{1}{2}$ -year's rent of the same land, due 25th March, 1850 ...	20	0	0
1850.			
July 7th—Received of the Alliance Assurance Company, the first instalment of a loan of £58,500 on mortgage of the rates, at £4 per cent. to be repaid by yearly instalments of 1-30th of the principal ...	19,500	0	0
1851.			
Sept. 5th—Received of the Treasurer of the Borough of Maldon, first contribution from that Borough towards the expenses of the Asylum ...	117	3	0
Nov. 4th—Received of the Alliance Assurance Company, second instalment of the said loan of £58,500 ...	9750	0	0
	<hr/>		
Carried forward ...	£37,938	2	5

1852.		£.	s.	d.
	<i>Brought forward</i> ...	37938	2	5
Jan. 1st—	Received of ditto, the third instalment of the same loan	9750	0	0
Feb. 16th—	Received of the Treasurer of the Borough of Colchester, first contribution from that Borough towards the expenses of the Asylum	1000	0	0
May 1st—	Received of the Alliance Assurance Company, the fourth instalment of the said £58,500 Loan ...	9750	0	0
„	Received of the Treasurer of the County of Essex, out of rates raised by the County, under 8th and 9th Vict. c. 126, sec. 33... ..	1494	6	9
June 26th—	Received of the Treasurer of the Borough of Saffron Walden, first contribution towards the expenses of the Asylum	1074	12	11
July 27th—	Received of the Alliance Assurance Company, the fifth and last instalment of the said £58,500 loan ...	9750	0	0
„	Received of Mr. Richard Woods, half-year's rent due 29th September, 1850 (less £10 for rates and other allowances)	10	0	0
Oct. 18th—	Received of Mr. John Hammond, for two years' rent of land, due 29th Sept. last ...	80	0	0

DEDUCTIONS :—

In respect of land-tax for Asylum	29	17	10	}	38	19	10		
Rates thereon and on wood land	4	9	1						
Property-tax	4	12	11						
								41	0 2
Nov. 6th—	Received of the Treasurer of the Borough of Maldon, second contribution towards the expenses of the Asylum	727	4	3					
1853.									
May 20th—	Received of the Treasurer of the Borough of Colchester, second contribution towards the expenses of the Asylum... ..	3000	0	0					
Dec. 6th—	Received of the Alliance Assurance Company, further loan on mortgage of the rates	14,000	0	0					
	Total Receipts...	£88,535	6	6					

DISBURSEMENTS.

		£.	s.	d.
1848.				
Oct.	Mr. James Parker, Clerk to the Committee of Visitors, Two Quarters' Salary, due 30th June last ...	50	0	0
Dec.	Ditto one Quarter's Salary, due 30th September last...	25	0	0
1849.				
Feb. 1st	William Henry Kavanagh, Esq., purchase-money for Site for the Asylum ...	8000	0	0
	Ditto for Interest thereon ...	95	6	7
	John Mann, Bill for Planting ...	61	3	6
March	Mr. James Parker, as under :			
	One Quarter's Salary to 31st Dec. 1848	25	0	0
	Professional Disbursements ...	20	14	4
	Travelling expences ...	7	11	0
	Postage and Petty Payments ...	3	12	3
		<hr/>		
		56	17	7
May 28th	Messrs. Beadel and Son for Plan and Sections of Site ...	58	7	6
	Mr. James Parker, as under :			
	One Quarter's Salary to 31st Mar., 1849	25	0	0
	Professional Disbursements ...	110	15	4
	Travelling expences ...	3	18	0
	Postage and Petty Disbursements ...	6	7	2
		<hr/>		
		146	0	6
July 25th	Mr. F. J. Francis, first premium for design for the Asylum ...	100	0	0
	Messrs. Hill and Dawkes, second premium for ditto ...	50	0	0
Dec. 22nd	Mr. James Parker, as under :			
	Three Quarters' Salary, due 31st December, 1849... ..	75	0	0
	Professional Disbursements ...	13	10	3
	Travelling expences ...	0	15	0
	Postage and Petty Disbursements ...	3	18	11
		<hr/>		
		93	4	2
	John Mann, Bill for Fencing ...	8	13	6
	William Copland, the like ...	0	15	6
	John Hammond, the like ...	14	15	0
1850.				
Feb. 26th	Messrs. Chambers, the like ...	84	6	8
Aug. 2nd	John Mann, Bill for Trees, Fencing, &c. ...	31	16	7
		<hr/>		
		Carried forward ...	£8,876	7 1

1851.		£.	s.	d.
<i>Disbursements brought forward</i> ...		8876	7	1
June 24th	George Wood, Bill for Fencing	13	15	0
Aug. 6th	Mr. William Young, Clerk of the Works, one Month's Salary, due 26th July last	16	16	0
„ 26th	Mr. Young, one month's salary, due 23rd inst. ...	16	16	0
Sep. 13th	Mr. Geo. Myers, first payment on account of Contract for Building the Asylum	3000	0	0
„ 22nd	Mr. Young, one Month's Salary, due 20th inst. ...	16	16	0
Oct. 2nd	Mr. Geo. Burtwell, Bill for Painting Fencing ...	4	4	0
„ 3rd	Mr. H. E. Kendall, jun., first payment on account of his commission as Architect of the Asylum ...	400	0	0
„ „	Mr. Myers, 2nd payment on account of Contract ...	3000	0	0
„ „	John Mann, Bill for Planting... ..	21	13	6
„ 24th	Mr. Young, one Month's Salary, due 18th inst. ...	16	16	0
Nov. 19th	Ditto, One Month's Salary, due 15th inst.	16	16	0
„ 22nd	Mr. James Parker, One Year and Three-Quarters' Salary, due 30th Sept., 1851	175	0	0
	Mr. Hopper, County Surveyor, for his services in reference to the Plans, Estimates, and Specifications for the Asylum	300	0	0
	Mr. Myers, third payment on account of Contract ...	3000	0	0
	Mr. Kendall, Bill for Lithographed Plans of Asylum	29	17	0
Dec. 16th	Mr. Young, One Month's Salary, due 13th inst. ...	16	16	0
„ 22nd	Mr. Myers, for First Stone, &c.	25	0	0
	Mr. Kendall, second payment on account of his Commission as Architect	400	0	0
	Mr. Jas. Parker, One Quarter's Salary, due 31st Dec., 1851	25	0	0
	Ditto, for Conveyancing Charges	75	17	8
	Ditto, for Disbursements, as under:—			
	Professional Disbursements	11	4	0
	Travelling Expenses	21	0	0
	Advertisements, Printing, Stationery, Postage, and other Petty Payments	39	10	8
			71	14 8
1852.				
Jan. 17th	Mr. Young, One Month's Salary, due 10th inst. ...	16	16	0
Feb. 2nd	Mr. Myers, fourth payment on account of Contract ...	3000	0	0
„ 11th	Mr. Young, One Month's Salary, due 7th inst. ...	16	16	0
Mar. 8th	Mr. Young, One Month's Salary, due 6th inst. ...	16	16	0
<i>Carried forward</i> ...		£22,569	12	11

		£.	s.	d.
1852.	<i>Disbursements brought forward</i> ...	22569	12	11
Mar. 9th	Mr. Myers, fifth payment on account of Contract ...	3000	0	0
April 7th	Mr. Young, One Month's Salary, due 3rd inst. ...	16	16	0
„ 19th	Mr. Myers, sixth payment on account of Contract ...	4000	0	0
May 4th	Mr. Young, One Month's Salary, due 1st inst. ...	16	16	0
„ 18th	Mr. Myers, seventh payment on account of Contract ...	3000	0	0
„ 31st	Mr. Young, One Month's Salary, due 29th inst. ...	16	16	0
June 14th	Mr. Kendall, third payment on account of his Com- mission as Architect... ..	400	0	0
„ 24th	Mr. Myers, eighth payment on account of Contract...	3000	0	0
„ 29th	Mr. Young, One Month's Salary, due 26th inst. ...	16	16	0
July 26th	Mr. Myers, ninth payment on account of Contract ...	3000	0	0
	Mr. Young, One Month's Salary, due 24th inst. ...	16	16	0
Aug. 23rd	Ditto, One Month's Salary, due 21st inst.	16	16	0
„ 31st	Mr. Myers, tenth payment on account of Contract ...	2000	0	0
Sept. 21st	Mr. Young, One Month's Salary, due 18th inst. ...	16	16	
Oct. 5th	Mr. Myers, eleventh payment on account of Contract ...	2500	0	0
„ 12th	Mr. John Miller, Surgeon of the Asylum at Bethnal Green, for attendances at Chelmsford as Medical Referee, and advising on the Designs for the Asylum	15	15	0
	Mr. James Parker, Three Quarters' Salary, due 29th Sept. last	75	0	0
„ 16th	Mr. Young, One Month's Salary, due this day ...	16	16	0
Nov. 2nd	Mr. Myers, twelfth payment on account of Contract ...	2000	0	0
	Mr. Landon, One Year's Tithe Rent Charge, due 1st Oct. 1852	34	15	1
„ 8th	Mr. Myers, Moiety of the Expense of Insuring the Asylum Buildings from Fire... ..	9	0	0
„ 18th	Clerk of the Works, One Month's Salary, due 13th inst.	16	16	0
Dec. 1st	Mr. Myers, thirteenth payment on account of Con- tract	2000	0	0
„ 13th	Clerk of the Works, One Month's Salary, due 11th inst.	16	16	0
„ 17th	Mr. Myers, fourteenth payment on account of Con- tract	2000	0	0
„ 20th	Mr. Jas. Parker, One Quarter's Salary to 31st Dec., 1852	25	0	0
	Ditto, for Disbursements	26	6	0
	Ditto, for Conveyancing Charges	35	19	2
<i>Carried forward</i> ...		£49,859	8	2

£. s. d.

1852.	<i>Disbursements brought forward</i> ...					49,859	8	2	
Dec. 20th	Mr. Kendall, fourth payment on account of his commission as Architecet	400	0	0	
1853.									
Jan. 24th	Mr. Myers, fifteenth payment on account of Contract						2000	0	0
„	Clerk of the Works, One Month's Salary, due 8th inst.						16	16	0
	Mr. Myers, Moiety of expense of Renewing Fire Insurance	9	0	0	
Feb. 7th	Mr. Myers, sixteenth payment on account of Contract						2000	0	0
	Clerk of the Works, One Month's Salary, due 5th inst.						16	16	0
	Travelling expenses of the undermentioned unsuccessful Candidates for the office of Resident Medical Superintendent, viz :								
	T. C. Morison, Esq.	12	0	0	
	Dr. Rowe	10	0	0	
	J. D. Cleaton, Esq.	8	16	0	
	Dr. Robertson	5	10	0	
„ 28th	Mr. Myers, seventeenth payment on account of Contract						2000	0	0
Mar. 5th	Clerk of the Works, One Month's Salary, due this day						16	16	0
„ 14th	Mr. Myers, eighteenth payment on account of Contract						2600	0	0
April 2nd	Clerk of the Works, One Month's Salary, due this day						16	16	0
„ 4th	Mr. Myers, nineteenth payment on account of Contract						1500	0	0
May 2nd	Mr. Myers, twentieth payment on account of Contract						1500	0	0
	Clerk of the Works, One Month's Salary, due 30th April last	16	16	0	
	Mr. John Mann, first payment on account of Contract for laying out Roads and Grounds	50	0	0	
	The Imperial Assurance Company for renewing Fire Insurance	18	0	0	
	Mr. James Parker, One Quarter's Salary, due 31st March last	25	0	0	
„ 25th	Mr. Myers, twenty-first payment on account of Contract	1500	0	0	
„ 28th	Clerk of the Works, One Month's Salary, due this day						16	16	0
	Travelling expenses of the undermentioned Candidates for the office of Clerk and Steward, viz :								
	Mr. R. C. Lewis	6	0	0		
	Mr. G. W. Hampton	1	1	0		
							7	1	0

		£.	s.	d.
1853.	<i>Disbursements brought forward</i> ...	63,605	11	2
June 20th	Mr. Myers, twenty-second payment on account of Contract	1000	0	0
	Mr. Myers, further on account of Contract	2000	0	0
	Dr. Campbell, as under, viz. :			
	One Quarter's Salary, from 25th } March to 24th June inst... .. }	125	0	0
	Hire of Apartments 13 weeks, at 30s.	19	10	0
	Petty Disbursements	5	3	0
		<hr/>	149	13 0
	Mr. Mann, second payment on account of Contracts for laying out Roads and Grounds	120	0	0
July 25th	Clerk of the Works, 1 week's Salary	4	4	0
	Ditto, 3 weeks, at £2. 2s. per week, } due 25th June }	6	6	0
		<hr/>	10	10 0
	Ditto, One Month's Salary, due 23rd inst.	8	8	0
	Dr. Campbell, for Petty Disbursements of himself and Steward	20	10	0
	Mr. Mann, third payment on account of Contracts for laying out Roads and Grounds	100	0	0
	Mr. Shipcott, Steward of the Asylum, to meet Petty Current Expenses	50	0	0
	Mr. James Parker, One Quarter's Salary to the 30th June last	25	0	0
	The Imperial Assurance Company, for renewing Fire Assurance	18	0	0
,, 28th	Mr. Myers, further on account of Contract	2000	0	0
Aug. 6th	Mr. Mann, fourth payment on account of Contracts for laying out Roads and Grounds... ..	50	0	0
Sept. 5th	Travelling Expenses, as under, viz. :—			
	Candidates for situation of Matron :			
	Mrs. Brayshaw	3	10	0
	Mrs. Browning	3	0	0
	Mrs. Townsend	5	0	0
	Mrs. Jackson	0	10	0
	Ditto for appointment of Chaplain :—			
	The Rev. Thos. Crossfield	6	4	0
	The Rev. Joseph Sowter	5	0	0
		<hr/>	23	4 0
	<i>Carried forward</i> ...	£69,180	16	2

		£.	s.	d.
1853.	<i>Disbursements brought forward</i> ...	69,180	16	2
Sept. 5th	Clerk of the Works, One Month's Salary, due 20th			
	August last	8	8	0
	Ditto, Two Weeks' Salary to 3rd inst., } when his office ceased }	4	4	0
	Ditto, for Disbursements as per account...	13	0	0
			17	4 0
	Mr. Mann, Balance of £500 Contract for laying out Roads and Grounds	180	0	0
	Mr. Shipcott, the Steward, on account } of Quarter's Salary due 29th inst. ... }	15	0	0
	Ditto, for Disbursements as per account...	31	8	0
			46	8 0
	Mr. Myers, further on Account of Contract	3000	0	0
Sep. 26th	Mr. Gregory, on account of Contracts for Furniture	706	4	0
	Messrs. Jones and Son, on account of Contracts for Clothing	628	17	0
	Mr. Overall, Contract for Window Blinds	28	0	0
	Mr. Kendall, fifth payment on account of his commis- sion as Architect	200	0	0
	Dr. Campbell, in discharge of Salaries of officers, and Wages of Attendants and Servants, due 29th inst., as per account	246	16	2
	Dr. Campbell, for travelling expenses incurred in visit- ing patients in private Asylums previous to their removal	5	14	0
	Rates to the parish of South Weald granted 29th March, 1853, as under :			
	Poor Rate ...	3	0	0
	Highway Rate	1	10	0
	Church Rate	0	5	0
			4	15 0
Oct. 11th	Dr. Campbell, for Miscellaneous Books	30	0	0
Nov. 7th	Dr. Campbell, for Wages of Attendants and Servants to the 29th October last	66	11	2
	Imperial Assurance Company, for One Year's Fire In- surance of Asylum, to 29th September, 1854 ...	40	8	0
	Society for Promoting Christian Knowledge, for Bibles, Testaments, and Prayer Books	25	0	10
	<i>Carried forward</i> ...	£74,415	2	4

1853.		£.	s.	d.
	<i>Disbursements brought forward...</i>	74,415	2	4
Nov. 7th	Mr. Shipcott, the Steward, to meet current expenses	30	0	0
Dec. 12th	Mr. Myers, further on account of Contract under final certificate of completion, dated 11th October last ...	425	11	6
	Ditto, for Contracts after certificate of completion, viz.:			
	For a Barrel Drain	410	0	0
	For additional Building and Engineering Works ...	105	4	0
	Mr. Mann, further on account of Contracts for laying out Roads and Grounds	300	0	0
	Mr. May, Engineer, cost of warming the Asylum prior to the reception of patients	28	0	0
	Mr. Gregory, balance of Contracts for Furniture ...	569	10	0
	Messrs. Jones, balance of Contracts for Clothing ...	809	9	11
	Mr. Landon, One Year's Tithe Rent-charge to the parish of South Weald, due 1st Oct. last	30	16	8
	The like to the parish of Great Warley ...	0	0	6
		<hr/>	30	17 2
	Mr. Kendall, further on account of his commission as Architect	400	0	0
	Mr. Simpson, Engineer, for Survey and Reporting on the Drainage of the Asylum, Grounds, and Building	119	16	3
	Mr. James Parker, One Quarter's Salary to 30th September last	25	0	0
	Ditto, for Conveyancing Charges ...	74	0	0
	Ditto, disbursements	46	2	7
		<hr/>	145	2 7
	Bills for Advertising, Printing, and Stationery ...	60	12	3
	Wages of Servants and Attendants to the 29th November last	80	2	7
	Mr. Shipcott, Steward of the Asylum, to meet current expenses	50	0	0
	Messrs. Roope and Son, amount of Contract for Bedding, Mattresses, &c....	1370	9	7
	Mr. John Faulkner, amount of Contracts for Ironmongery	545	19	6
	Salaries of Officers to the 25th instant	273	11	0
		<hr/>		
	<i>Carried forward...</i>	£80,169	8	8

		£.	s.	d.
1853.	<i>Disbursements brought forward</i> ...	80,169	8	8
Dec. 12th	Wages of Servants and Attendants to the 29th inst....	90	9	6
	Mr. James Parker, One Quarter's Salary to 31st inst..	25	0	0
		<hr/>		
		Total Disbursements	£80,284	18 2
		<hr/>		

2nd January, 1854.

		Total Receipts	88,535	6	6	
		Total Disbursements....		80,284	18	2	
Balance	{	At the Bank of England	8,180	9	2	£8,250	8	4
	{	At the Bank of Messrs. Sparrow & Co.			69	19	2			

CHARLES G. ROUND,

Treasurer appointed on the 20th of January, 1851, upon the
decease of Captain Du Cane, the former Treasurer.

GENERAL RULES

FOR THE GOVERNMENT OF

THE ESSEX LUNATIC ASYLUM.

16 AND 17 VIC. CAP. 97.

COMMITTEE OF VISITORS.

1. The Committee of Visitors, for the time being, shall meet on the Monday in the second week after the Epiphany Sessions, and shall then (after electing one of their members to be their Chairman, sec. 24, and appointing a Treasurer for the Asylum, sec. 55, and a Clerk to the Committee of Visitors), appoint at least five members of the Committee of Visitors to be a House Committee for the purposes after mentioned, and the Committee of Visitors shall, from time to time, supply vacancies in such House Committee.

2. They shall appoint two of the Committee of Visitors to audit quarterly the accounts of the Treasurer and Clerk.

3. The Committee of Visitors shall also meet at the Asylum on the Monday in the week preceding the week of the Easter, the Midsummer, and the Michaelmas Quarter Sessions, and on the Monday in the week next but one preceding the week of the January Quarter Session; and shall, at every such meeting, take into consideration and determine on the contracts, rates of payment, matters of expenditure, and all other subjects relative to the Institution.

4. Not less than two members of the Committee of Visitors shall together, once at least in every two months, inspect every part of the Asylum, and see and examine, as far as circumstances will permit, every Lunatic therein, and perform the other duties imposed on them by sec. 61 of "The Lunatic Asylums Act, 1853."

5. Minutes of the proceedings of all meetings of the Committee of Visitors shall be kept and entered by the Clerk to such Committee, and at every quarterly meeting the proceedings of the last quarterly meeting, and of any intervening meetings, shall be read.

6. Regulations and orders for the management of the Asylum shall be taken into consideration and determined on at the first meeting of the Committee of Visitors; and other regulations, being consistent

with the rules herein laid down and with the regulations and orders for the time being in existence, may be made by any three of the Committee of Visitors, at any general or special meeting.

7. No general rule shall be altered, nor any new regulation (except such as last-mentioned) made, unless at some quarterly meeting, or at some special meeting, to be assembled for the purpose, of which ten days' notice (stating the particular object of such meeting) shall be given; and no alteration in the general rules shall take effect, until it has received the approbation of one of her Majesty's principal Secretaries of State.

8. On the Monday in the second week after the Epiphany Sessions in each year, the Committee of Visitors shall make such appointments and perform such duties as may be necessary for carrying into effect the 53rd, 54th, and 55th sections of the "Lunatic Asylums Act, 1853," or any other provisions of that Act; and whenever a vacancy shall occur in any of the offices of Treasurer, Clerk to the Committee of Visitors, Chaplain, Superintendent, Medical Assistant, Matron, or Steward and Clerk, of the Asylum, there shall be forthwith convened a meeting, conformably to sec. 25 of "The Lunatic Asylums Act, 1853," for the purpose of making an appointment, and filling up the vacancy.

HOUSE COMMITTEE.

1. One at least of the House Committee shall visit the Asylum weekly, and at the least two of them shall meet at the Asylum, and visit it once in every month, and their respective duties shall be as follows, viz. :—

2. To inspect the food, and see that all the contracts are performed; also to see all the patients and all the wards and premises appropriated to their use; and also to enquire and examine as to the convalescence and improvement of particular patients, and as to the treatment, health, and condition of all.

3. To examine and sign the medical and other journals; and also, whenever there be two of the Committee present, to examine all orders, certificates, notices, and returns, relative to patients from time to time admitted into or discharged from the Asylum, or who shall have died therein.

4. To advance sums not exceeding £50 to the Clerk and Steward for current expences.

5. To examine the accounts and report thereon to the Auditors.

6. To make entries in a book to be kept for that purpose, of the result of their visitations.

7. To appoint and discharge attendants and servants ; but, in all cases of hiring and discharge, to take into consideration every report and recommendation of the resident Medical Officer relative thereto.

8. The House Committee shall perform the duties imposed upon the Committee of Visitors by sec. 61 of the "Lunatic Asylums Act, 1853."

RESIDENT MEDICAL OFFICER AND SUPERINTENDENT.

1. He shall give up the whole of his time to the duties of his office ; and shall not attend to or engage in any professional or other business or employment, except that of the Asylum.

2. He shall be Superintendent of the Asylum, and shall have authority to recommend the hiring and discharge of all attendants and servants ; and shall also generally have the controul over the attendants and servants, and authority to suspend them whenever he shall deem expedient, reporting the same to the first meeting of the House Committee.

3. He shall make a yearly report of the number of admissions, removals, and discharges during the year ; and shall also make a like report as to the general condition of the patients, and such other matters as may appear expedient, for the purpose of showing the state and management of the Asylum.

4. He shall be responsible for the condition and management of the establishment, and of the patients therein ; and shall have the direction of the medical, surgical, and moral treatment of the patients, and of all general arrangements within the Asylum.

5. Should any case of difficulty or danger arise, he shall have the power to call to his aid and in consultation a Physician or Surgeon.

6. He shall examine every patient on admission, and make proper entries relative thereto ; and shall see every patient at least once a day, and take care that such medicines as he may deem proper be duly administered.

7. He shall classify the patients of both sexes, and shall regulate and determine at all times the diet for sick and infirm patients ; and also he shall have the power, from time to time, of examining and reporting on the quality of all provisions furnished for the use of the patients.

8. He shall never absent himself for more than one night without

the previous written consent of one of the Committee of Visitors ; and then only on condition of his providing a person properly qualified to reside in the Asylum, and perform his duty during his absence.

9. He shall superintend and direct the performance of the duties of the Matron, Officers, Attendants, and Servants, as prescribed by the “ regulations and orders ” of the Committee of Visitors.

10. He shall at all times, and more especially when the Asylum is entirely or nearly full, promote the exchange of harmless chronic patients for patients whose cases may be recent and supposed to be curable, or who shall be reported as dangerous.

11. He shall keep a journal, in which he shall make the following entries, viz.

1st. The name of every attendant and servant whom he shall suspend, together with the date and cause of suspension, and—

2nd. The name of every patient fit for discharge, or who shall have died or escaped, or on whom any inquest shall have been held since the last visit of the Committee, and all such other facts, observations, and suggestions as he shall deem important relative to the condition or management of the Asylum or patients therein ; and such entries shall be read as part of the proceedings at the next meeting of the House Committee and Committee of Visitors respectively.

12. In all cases of fatal or dangerous accident or other emergency, he shall immediately communicate the fact in writing to the members of the House Committee.

CHAPLAIN.

1. He shall perform divine service on Sundays, and preach one sermon at least on every Sunday, Christmas day, Good Friday, and Ascension day ; perform such other services according to the rites of the Church of England, as the Visitors shall direct ; read prayers once at least daily, and attend such patients as the Medical Superintendent may deem in a proper state of mind to receive his ministrations.

2. He shall not absent himself from his duties without the leave of two Visitors, to be entered in a book kept for that purpose ; and on all such occasions he shall provide a suitable Clergyman, (who shall be approved of by the Visitors) to perform the whole duties during his absence.

TREASURER.

1. All monies shall be paid to the Treasurer; and he shall keep accounts of all monies received and paid by him, and make them up to the 20th day of December annually, and state the balance (if any) then in his hands.

2. He shall give security for a sum to be named by the Committee of Visitors, unless the Committee of Visitors shall in writing dispense therewith.

MATRON.

1. She shall be under the control of the Committee of Visitors, and of the Superintendent. She shall obey the directions of the Superintendent, and shall be responsible for the condition of the female wards, and shall have the control over the female attendants and servants under the resident Medical Officer.

2. She shall see all the female patients and examine every ward appropriated to their use at least twice a day; and shall report all illness and casualties, and whatever she knows to be improper or contrary to order, to the Medical Officer as soon as the same shall occur; and shall consider herself responsible for the cleanliness of that part of the Asylum under her control; and superintend the bedding and clothing of the patients, dietary of the sick, and the infirmary; and use her best endeavours to induce the female patients to occupy themselves in needle and household work, and other fit employment.

3. She shall take care of such goods, furniture, and linen, as are placed under her charge, according to inventory; and consider the laundry to be under her superintendence and care; and be responsible for the proper washing, airing, and distribution of the clothes.

STEWARD AND CLERK OF THE ASYLUM.

1. The Steward shall also act as Clerk, and shall perform all the duties of both those offices.

2. He shall take care of all the books and papers, (except the medical books,) and of all the stores; and shall be responsible for the quantity, quality, and safe keeping of all the articles received.

3. He shall superintend the weighing and measuring of the provisions, so as to suit the diet tables.

4. He shall take stock once a quarter, and keep quarterly accounts of all monies received and paid to the Treasurer, and also all goods ordered and payments made for the same, in such form as the Committee of Visitors shall direct.

5. He shall distinguish the building account from the maintenance account, and the accounts of the county from those of the unions and parishes ; and shall lay an abstract of the accounts before the Visitors at the quarterly meetings, showing the monies received and paid, and the unions and parishes in arrear.

MEDICAL ASSISTANT AND DISPENSER.

1. He shall be duly qualified to practice as a Surgeon or Apothecary. He shall be under the control of the Committee of Visitors, and of the Superintendent and obey his directions.

2. In the temporary absence of the Superintendent he shall perform his medical duties, and have authority over the attendants and check any irregularities.

3. He shall compound the medicines and attend to any remedial means prescribed for the patients ; assist in keeping the Medical books, and see that the extras for the sick are duly supplied.

4. In the absence of the Superintendent, he shall receive the patients and make the proper entries.

ENGINEER.

1. He shall have the charge of the steam engine, gas fittings, and all machinery ; and shall be responsible for their condition and proper repair, and for the requisite supply of steam and hot and cold water throughout the establishment.

2. He shall keep an account of the quantity of coke and coals consumed in his department.

3. He shall be responsible for the proper care and treatment of all patients placed in employment under him.

GENERAL MANAGEMENT.

1. The male and female patients shall be kept in separate wards ; and no male attendant, servant, or patient, shall be allowed to enter the female wards, nor any female to enter the male wards ; except in cases where the medical officer shall deem it advisable to appoint nurses or female servants to attend for that purpose.

2. Subject to such regulations as the medical officer shall from time to time direct in special cases, the convalescent and quiet patients shall be in general separated from those who are refractory, noisy, or dangerous, and the clean from the dirty patients.

3. There shall be, at least, one attendant for every ward; and there shall be no less than one attendant for every twenty-five patients who are tranquil or convalescent; and not less than one attendant for every fifteen patients who are dirty, violent, or refractory, or dangerous to themselves or others.

4. During the day the patients of both sexes shall be employed as much as possible out of doors, the men in gardening and husbandry, or other suitable employment; the women in occupations suited to their ability; and, as a principle in treatment, endeavours shall be continually used to occupy the minds of the patients to induce them to take exercise in the open air, and to promote cheerfulness and happiness amongst them.

5. Workshops and tools shall be provided, and artizans and others be encouraged to follow their particular callings, and to learn shoe-making, tailoring, and other common and useful trades; and needle-work, straw work, and other suitable employments shall be provided for the women.

6. An ample supply of books and publications of a moral and cheerful nature, (in addition to Bibles and Prayer Books,) shall be provided and kept up in case of destruction; and various means of amusement shall be placed at the disposal of the patients of both sexes, and they shall be encouraged to have frequent recourse thereto.

7. The airing grounds into which the several wards open shall be accessible to the patients for at least three hours in the morning and three hours in the afternoon, when the weather is favorable.

8. No dormitory for male patients, (excepting rooms for single patients) shall contain less than three beds; there shall be a space of at least two feet between the beds, and all the male patients shall sleep in single beds.

9. No patient shall be struck, or be kept in perpetual restraint or seclusion; and no patient shall be restrained or secluded at any time, except by Medical authority, or kept in restraint or seclusion longer than is absolutely necessary.

10. All the attendants shall be instructed to treat their patients kindly and indulgently, and never to strike or speak harshly to them; and they shall be responsible for the safety, cleanliness, and general

condition of their patients, and for the ventilation, proper warmth, and good order of their respective wards.

11. Near relations and friends of the patients shall be allowed to visit them once in every fortnight, that is to say—on the first and third Thursday in every month, between the hours of ten in the forenoon and four in the afternoon ; but no visitor shall be admitted to any patient if the resident Medical Officer shall state in writing that he considers the visit likely to be injurious to such patient, or otherwise inexpedient. But in case of the illness of a patient or under other special circumstances, the friends of a patient may be admitted at other times, at the discretion of the Superintendent.

12. Upon every visit made by a male relation or friend or by a parish officer to a female patient, the Matron or female attendant shall accompany the visitor, and remain in the room throughout the interview.

13. No stranger shall be admitted into any part of the Asylum occupied by the patients, except by the written authority of one of the Committee of Visitors, or one of the Commissioners in Lunacy, or by permission of the Superintendent, nor unless accompanied by some Medical Officer belonging to the Institution, nor at any time of the day except between the hours of ten in the forenoon and four in the afternoon.

14. On the death of a patient notice shall be immediately given by the Clerk of the Asylum to the parish officers, and also to one of the nearest relations of the deceased (if his or her address be known) and the body delivered to them if requested ; but if the body be not removed on the fourth day after death it shall be buried, under the direction of the Superintendent ; should the medical officer consider earlier interment to be necessary, this rule is to be dispensed with.

15. No patient shall pass beyond the grounds of the Asylum, until discharged by due authority ; unless the temporary absence of such patient be permitted, under the power contained in the 79th section of "The Lunatic Asylums Act, 1853," or unless the Resident Medical Officer shall give express directions for that purpose.

I approve of the foregoing General Rules for the Government of the Essex Lunatic Asylum.

PALMERSTON.

WHITEHALL,
February, 1854.